

## **Practical Application of Intimate Relationship Skills (P.A.I.R.S.) Group Education Class**

### **Veteran Information Sheet**

- WHO:** This class is for Veterans and their partners seeking help with relationship issues.
- WHAT:** P.A.I.R.S. is a non-denominational skills based program for committed couples. It is a training program that helps couples communicate, understand each other's feelings, solve problems, and learn how to handle conflict.
- WHEN:** Class is held one Friday evening and all the next day, Saturday. Participants are expected to attend both sessions. (Note: Couples must agree to attend the classes sober (no alcohol/illicit drugs)).

### **CLASS DESCRIPTION:**

P.A.I.R.S. is not group or couples therapy. The curriculum is presented in a class format. Trainers demonstrate material by role play, discussion and question and answer. Participants are not required to share information unless they choose to do so. The approach stresses providing a safe environment.

\*See brochure for more class information.

### **IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:**

No

### **WHERE:**

Saginaw Veterans Center or the Aleda E. Lutz Main Medical Center  
Clinical Video Telehealth (CVT) unavailable at this time

### **WILL VETERAN GET TRAVEL PAY?**

No

### **HOW CAN A VETERAN AND THEIR PARTNER JOIN THIS CLASS?**

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.